



FORCE HEALTH PROTECTION BRIEF

**Preventive Medicine Office
G-4/Health Service Support
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Overview

- Topography, Climate and Population
- Administrative Requirements
- Diseases, health risk and Preventive Medicine Recommendations
- Command Responsibilities
- Personal Responsibilities

Topography

Thailand, a country slightly larger than California, has 511,770 sq km (197,594 sq mi) of total land area and can be divided into five geographic regions.

- (1) The southeast coast is a low fertile plain separated from the central valley by low mountains.
- (2) The northeastern plateau, or Korat Plateau, occupying one-third of the nation, is an undulating tableland with elevations of about 122 to 213 meters (400 to 700 ft).
- (3) The northern and western mountains, with peak elevations up to 2,590 meters (8,500 ft), recently have been subjected to widespread deforestation.
- (4) The Central Basin, which encompasses 25 percent of the land area, is the most heavily populated and dominates the country economically.
- (5) Peninsular Thailand occupies the northern portion of the Malay Peninsula between Burma and Malaysia.

Climate

Thailand has a tropical monsoonal climate. In most regions four distinct seasons exist: dry during January and February, hot from March through May, wet from May through October, and cool during November and December. Temperatures rarely fall lower than 13°C (55°F) or rise higher than 35°C (95°F). Rainfall varies from 1,020 mm (40 in) in the northern highlands and the Korat Plateau to 3,050 mm (120 in) in the western mountains and southern peninsula. Heavy rains associated with the twice yearly typhoon periods frequently cause flooding. The dry season is most pronounced in the northeast (Korat Plateau).

Population

Eighty percent of Thailand's population is rural and centered on watercourses in the Chao Phraya and Mekong River basins. Metropolitan Bangkok, Thailand's largest city with a population of more than 9 million, has a population density exceeding 4,100 inhabitants per square km (10,620 per sq mi), and contains the majority of Thailand's urban population.

- Total Population 60.7 Million
- Literacy Rate 93%
- Doubling Time 48 Yrs (US=114 Yrs)
- Percent Urbanized 19%

Administrative Requirements

- Health Record Screening and Identifying/Completing Medical Readiness requirements
- Pre-deployment Survey and Briefing
- Post-deployment Survey and De-briefing
- Medical Supplies/Medications - component command's responsibility

*DISEASES, HEALTH
RISK AND PREVENTIVE
MEDICINE
RECOMMENDATIONS*

Major Threats

- Injuries
- Respiratory Diseases
- Mosquito Transmitted Diseases
- Tick & Mite Transmitted Diseases
- Water & Foodborne Diseases
- Heat illness
- STDs
- Animal Bites & Scratches

Injuries

- Motor Vehicles Accidents - biggest killer of Americans abroad!!
- Workplace Accidents
- Sports Injuries
- PREVENTION:
 - Drive cautiously, seatbelts, no alcohol
 - Follow safety procedures
 - Warm up well prior to sports

Respiratory Diseases

- Influenza, Viral, Meningococcal, TB
- PREVENTION:
 - Immunizations: Influenza & MMR
 - Good Hygiene: Hand washing, cover mouth
 - Avoid Close Contact
 - Rest, Relax, Nutrition

Mosquito Transmitted Diseases

- Malaria, Dengue, and Japanese Encephalitis
- PREVENTION:
 - Wear sleeves down
 - Permethrin treatment of all outer clothing
 - DEET repellent on skin
 - Bednets at night

Mosquito Transmitted Diseases

- PREVENTION:
 - Medications to prevent malaria:
Doxycycline & Primaquine
 - Immunization: Japanese Encephalitis

Tick & Mite Transmitted Diseases

- Typhus, Rickettsial Diseases
- PREVENTION:
 - Personal protective measures
 - Clear campsites of scrubs and tall grass
 - Buddy checks for ticks

Water & Foodborne Diseases

- Traveler's Diarrhea, Typhoid, etc.
- PREVENTION:
 - Immunization: Typhoid
 - Approved food and water sources
 - Thoroughly cooked food
 - Avoid tap water in town
 - Ice is not safe
 - Don't swallow when brushing teeth or showering

Heat Illness

- Heat exhaustion or stroke
- PREVENTION:
 - Observe WBGT Index & work-rest cycles
 - Fluid intake: drink water frequently, not just when thirsty
 - Watch for others with: absent or profuse sweating, confusion, sluggish behavior

Sexually Transmitted Diseases

- HIV, Hepatitis B, GC, NGU, Herpes, etc.
- PREVENTION:
 - Find more meaningful leisure activities
 - Avoid alcohol use
 - Practice Abstinence: Ensures protection
 - Condom use if sexual contact
 - Hepatitis B Vaccine by BUMED Policy
 - Seek Medical Attention Immediately

Animal Bites & Scratches

- Rabies - Primarily dogs
- Simian herpes virus - Monkeys
- Snakes
- PREVENTION:
 - Avoid contact with all animals
 - If bitten or scratched:
 - Scrub wound with soap and water for 15 min.
 - Get to medical immediately
 - Immediate Medevac

Command Responsibilities

- Force Health Protection is a Commander's responsibility
- Medical Readiness - before, during and after deployment
- Administrative requirements
- Enforce preventive medicine recommendations

Personal Responsibilities

- **A**void Alcohol Use
- **B**e Sexually Responsible
- **C**ontrol Insect Bites
- **D**rive Safely & Soberly
- **E**at & Drink from Approved Sources

Personal Responsibilities

- **F**luids & Rest in Hot Weather
- **G**ood Hygiene is Essential
- **H**elp Others Stay Healthy
- **I**dentify & Report Threats
- **J**ust do the Right Thing

*FOLLOW ALL
MEDICAL
RECOMMENDATIONS*

*DO NOT SECOND
GUESS YOUR
HEALTH
CONDITION!
SEEK MEDICAL
HELP AS NEEDED.*